



After the Procedure

- You will spend time in the recovery area.
- You will be monitored to make sure you are doing well and your vital signs will be checked.
- You must have someone drive you home.
- You may put ice packs on the injection site for 10-20 minutes at a time if there is soreness. Be careful not to burn your skin with the ice – place a towel between the ice and your skin.
- You may take a shower but avoid baths, pools or whirlpools for 24-48 hours following the procedure.
- You may be asked to relax on the day of the injection, but usually can resume normal daily activities the day after the injection.
- You usually can start or resume your individualized exercise program or physical therapy program within 2 days of your injection.
- Side effects which may occur but go away in a few days include:
 - Briefly increased pain
 - Headaches
 - Trouble sleeping
 - Facial flushing
 - Hiccups
- It takes a few days, even a week or longer, for the steroid medicine to reduce inflammation and pain.
- If you had sedation, you probably should not drive for 24 hours after the procedure.

*Our focus is on
helping patients
find relief and
avoid surgery
whenever possible*

Our Locations



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*Diagnostic and
Therapeutic
Selective Spinal
Injection Procedures*



If your doctor recommends a spinal injection . . .

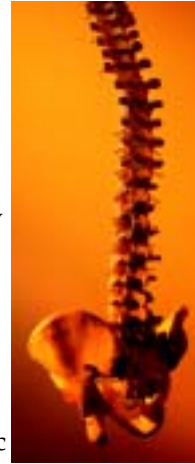
Florida Spine Institute physicians have been pioneers in the use of fluoroscopic selective spinal injections for use in the diagnosis and non-surgical treatment of painful spinal conditions. By using x-ray guidance (fluoroscopy) your physician is able to precisely identify and treat the many areas of the spine known to produce pain. Your procedure will be a safe and professional experience made even more comfortable with the optional use of intravenous medications to eliminate any anxiety you may have.

Diagnostic information.

Every patient is unique in the location and severity of his or her pain. Rather than apply a “cookie cutter” approach to your diagnosis and treatment, your physician will use selective diagnostic injections in addition to other necessary tests to make the most accurate diagnosis possible. Using specialized techniques they can then inject medications to “block” the pain from different areas to your spine giving diagnostic information about where your pain is coming from. Various areas of pain that can be localized include the spinal nerves, sacroiliac joint, facet joint, intervertebral disc, hip, shoulder or knee joints, as well as muscles and ligaments.

Pain relief.

Inflammation of spinal tissues is one of the most common causes of spinal pain. Relief of pain with spinal injections is largely achieved through the effect of potent anti-inflammatory medications placed at the source of your problem. Alternatively, medications can be injected to promote connective tissue repair. Duration of relief may be enough to help you significantly improve your function with less daily pain. Periodic injections may be required for long-term pain management purposes, especially in those patients who do not have the option of corrective surgery.



Preparing for Your Injection

A spinal injection is an outpatient procedure. The following are instructions on how to prepare for the procedure:

- Provide a list of the medicines that you are taking, including blood thinners, aspirin, anti-inflammatory medicines such as ibuprofen, and over-the-counter and herbal medicines and supplements. You may need to stop taking some of these before the procedure – please ask your health care provider. Generally, you should continue to take medicines necessary to your health such as blood pressure or thyroid medicines. It is safe to take products containing acetaminophen.
- Provide a list of any allergies you may have to medicines, latex or contrast dye.
- You must have someone available to drive you home after the procedure.
- It may be necessary not to eat or drink for 8 hours before the procedure – check with your health care provider. If you are taking medicine for diabetes, tell your doctor. Your medicine may have to be adjusted both before and after the injection.

- Bring any X-ray films and CT or MRI scans, that are in your possession, with you the day of the procedure.
- If your health changes – if there is the possibility that you have a cold, flu or other illness – it is important that you tell your health care provider. He/she may want to reschedule the procedure.
- If you need to cancel your procedure please notify your doctor as soon as possible, so that they may offer your appointment to another patient.

Checking In for Your Injection

- You should arrive 30 minutes early to fill out any necessary paperwork before the procedure. Have your insurance information with you.
- For your benefit and safety, current medical information may be requested again. It is important to alert your doctor if you are experiencing any new or recent medical problems. Your doctor may give you a brief physical exam.
- You may receive an intravenous (IV) line before the procedure.

Risks & Complications

- All medical interventions have risks and benefits. Spinal injections have certain risks and complications that include:
 - Spinal headache
 - Bleeding (rare)
 - Infection (rare)
 - Certain procedures may carry other risks. Your doctor will discuss these with you if it pertains to your situation.

During the Procedure

- The procedure is usually brief, but your position during the procedure is important to make the injection go smoothly with the least amount of discomfort. You will have monitoring devices attached to you during the procedure to check your heart rate and breathing.
- Your skin will be cleaned with a sterilizing solution and a sterile drape will be placed over your skin.
- Conscious sedation (use of a calming drug while you are awake) may be used if your doctor feels it is appropriate.
- Local anesthetic (lidocaine) is usually given near the injection site to numb the skin.
- Fluoroscopy (X-ray imaging) is used for precise placement of the injection. Contrast dye may be injected to confirm the correct placement of the needle.
- A local anesthetic for numbing and/or steroids (to reduce inflammation) is injected.
- A small bandage may be placed at the injection site.



Nerve root block.